

Fairfax County School Health Promotion

October Morning Announcements

October Energy Train: Kick-start Your Day with a Healthy Breakfast!



Train Analogy:

{start speaking}

Eating a good breakfast is really important. It gives you fuel for your brain!

Think about it: What would happen if a train ran out of gas? It would slow down and eventually stop. That's what would happen to your body if you didn't eat breakfast! A healthy meal before school gives you the energy to learn and play all day.

What did you eat this morning?

[Only for schools that offer in-school breakfast] Remember: If you run out of time at home, breakfast is available at school every day!

One Student Monologue (3 to choose from):

{start speaking}

1. Good morning and welcome to your healthy tip of the day. Did you know that Vitamin C rich foods such as oranges and strawberries help to protect you from getting sick? Many fruits have Vitamin C in it and you can mix them with plain yogurt and granola or blend them into a smoothie for a healthy breakfast. [Only for schools that offer in-school breakfast] Remember school offers breakfast every morning if you do not have time to eat at home!
2. Good morning and welcome to your healthy tip of the day. Did you know you don't have to eat traditional breakfast foods? Healthy left overs are great to eat too! Any healthy food is fine to eat no matter what meal of the day!
3. Good morning and welcome to your healthy tip of the day. Did you know that eating breakfast helps you focus and pay attention in school, perform better in school and gives you energy to run and play? So start your day off right. Eat breakfast!

Two-Student Dialogue:

{start speaking}

Student 1: *Groans* I'm so hungry!

Student 2: Well, did you eat breakfast this morning?

Student 1: No, we were in a hurry and I didn't have time.

Student 2: Yeah things can get really busy in my house too, but my mom makes me a banana burrito.

Student 1: A banana burrito? What is that?

Student 2: My mom puts peanut butter and bananas on a tortilla and rolls it up so I can carry it and eat it on the way to school.

Student 1: Hmmm that sounds good. I'm going to ask my mom if she can make that for me too! *Yawns* I'm really getting tired.



Student 2: Yeah, it's probably because you didn't eat breakfast. I always get tired if I don't eat breakfast. When you eat breakfast it gives you more energy! [Only for schools that offer in-school breakfast] Did you know they also have breakfast in school if you don't have time to eat at home?

Student 1: I didn't know that but I will let my mom know. Thanks!

{END}

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